

# STRETCH & GO

## CHALLENGE

April 1 – May 12, 2013

**Experience the benefits of increasing your strength, cardio and flexibility to maintain a healthy body.**

- Lowers your risk for certain diseases
- Lowers your risk of injury
- Helps you sleep
- Gives you more energy
- Makes your muscles stronger
- Helps manage your weight
- Helps you handle stress better
- Keeps your mind sharp
- Increases your chances of longer living



**Track your challenge points using your iOS or Android app.**

There is no cost for the app, just download and start tracking your progress!

- Download the **Mya™** app through the App Store or Google Play.
- If you have a DelaWELL program profile already set up, simply login using your program website User ID and Password. Otherwise, set-up a User ID and Password by clicking "Get Started" on the app login screen. Access Code: delaware

Look for the challenge to be available on the **Mya™** app the first day of the challenge! It is a great opportunity for you to use your mobile device to help you make healthier choice with the simplicity and convenience right at your fingertips.

### Tools and Tips

Visit the DelaWELL Health Portal <https://delawell.alerehealth.com> for helpful tools and tips to help get you started and meet the challenge goal. Consider printing the paper tracking form for convenience!



Scan to download **Mya™**.



### THIS CHALLENGE STRIVES TO HELP YOU IMPROVE YOUR LEVELS IN THREE DIFFERENT KINDS OF FITNESS:

Increasing your **cardiovascular fitness** means how well your body uses oxygen. This will depend on the condition of your heart, lungs and muscles. Any activity that makes your heart beat faster, like brisk walking, running, zumba, cycling or swimming, can improve your cardiovascular (also known as aerobic) fitness level.

**Strength training** means building stronger bones and muscles. There are many ways you can strengthen your muscles, whether it's at home or the gym. Examples include lifting weights, working with resistance bands, doing exercises that use your body weight for resistance (i.e., push-ups, pull-ups and sit ups), heavy gardening (i.e., digging, shoveling) and yoga.

Flexibility is the ability to move your muscles through a full range of motion. Being flexible reduces your chances of being injured. It also helps you do every day things like reaching items on a high shelf, getting on the floor to look under the bed or even bending over to tie your shoes. **Stretching** is an exercise that helps you be more flexible.

### HOW THE CHALLENGE WORKS

Activities are designed to help you increase your functional strength, improve your flexibility and maintain a healthy body. You will earn 1 point for each of these activities (up to 3 points per day):

- Stretch at least 10 minutes per day
- Complete at least 10 minutes of strength training per day
- Walk or complete cardio exercises at least 15 minutes per day

### HOW TO TRACK POINTS

- Track your activity online on the DelaWELL Health Portal or use the **Mya™** app.
- You may choose to print the paper tracking form. If you don't have the **Mya™** app, It is a convenient option to keep track of your points when you are away from a computer.
- Be sure to record all activity points online at the DelaWELL Health Portal <https://delawell.alerehealth.com> or through the **Mya™** app by **May 22, 2013**.
- Challenges are designed to help you put healthy habits into practice to improve your health or maintain good health. Challenges do not count toward DelaWELL Rewards.



<https://delawell.alerehealth.com>

